

## To find out more:

Check to see if there is a **Fish Advisory** in the area where you plan to go fishing.

If you have questions about fish not listed in this brochure or would like more information about mercury or fish advisories in your area:

- Visit our website:  
[www.doh.wa.gov/fish](http://www.doh.wa.gov/fish)
- Call the Washington State Department of Health, Office of Environmental Health Assessment at 1-877-485-7316, toll free.
- Call your Local Health Department, Environmental Health Division



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For persons with disabilities, this document is available on request in other formats. To submit a request, call 1-877-485-7316.

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# Fish Facts for Good Health



## Fish is a healthy food

Fish is low in fat and is a good source of protein and other nutrients. Eating fish is an important part of a healthy and balanced diet.

But some kinds of fish have too much mercury in them. Be careful to choose the right kinds of fish if you:

- are pregnant or nursing
- have young children
- are thinking about getting pregnant

## What is the right kind of fish?

Choose fish that is low in mercury. Any of these fish—fresh, frozen or canned—are good choices to include in your diet:

- Salmon
- Flounder
- Cod
- Catfish
- Trout
- Pollock (the fish used for imitation crab)



Other kinds of seafood that are low in mercury include:

- Clams
- Shrimp
- Scallops
- Lobster



## What about canned tuna?

It is fine to eat canned tuna, but don't eat too much. Canned tuna has some mercury in it. The amount you can safely eat depends on how much you weigh.

This table tells you the amount of canned tuna that is safe to eat each week based on how much you or your child weigh:

If you or your child weigh this much. . .							
25 pounds	50 pounds	75 pounds	100 pounds	125 pounds	150 pounds	175 pounds	200 pounds
1 Tablespoon	2 T. or 2 oz.	3 T. or 3 oz.	5 T. or 5 oz.	1 can or 6 oz.	8 oz.	9 oz.	10 oz.
. . . eat no more than this much tuna per week							

## What kinds of fish have too much mercury?

Do not eat these fish that are often high in mercury:

- Swordfish
- Shark
- Tilefish
- King mackerel
- Tuna steak



### Is mercury something to worry about?

Too much mercury in the diet can hurt a child's ability to learn. In adults, mercury can lead to nerve problems, harm the heart and raise blood pressure.

Older fish and large fish that eat other fish tend to have the most mercury. If you catch fish, check to see if there is a "Fish Advisory" in your area. A "Fish Advisory"

is a special warning. It is given if there is concern about the safety of eating fish from certain lakes or rivers because of mercury and other contaminants.

### Does cooking change the amount of mercury in the fish?

No. There is no special way to cook fish to remove mercury. That is why it is important to eat fish low in mercury.



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If you have questions, contact:

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**Sincerely,**

**Health Education Resource Exchange Web Team**